

## Coppell Police Department Physical Readiness Standards

The Physical Readiness Test consists of a measured vertical jump, 1 repetition bench press, timed agility run, one-minute sit-up test, 300 meter run, push up test, and 1.5 mile run. To pass the Physical Readiness Test, each applicant must meet all of the following standards:

<b>Vertical Jump</b>	<b>14 inches</b>
<b>1 Bench Press</b>	<b>83% of Body Weight</b>
<b>Illinois Agility Run</b>	<b>19.5 seconds</b>
<b>One-Minute Sit-Ups</b>	<b>30</b>
<b>300 Meter Run</b>	<b>68 seconds</b>
<b>Push Ups</b>	<b>23</b>
<b>1.5 Mile Run</b>	<b>16 Minutes and 57 seconds</b>

**Vertical Jump** – Participant stands under the apparatus and reaches up as high as possible to mark his/her standing reach. Participant steps back with either foot, steps forward then jumps as high as possible OR the participant may jump with both feet and not take a step to reach the highest point, which is scored in inches. The best of three (3) trials will be recorded.

**1 Bench Press** – Each participant will be weighed and applicants are required to bench press 83% of their current body weight.

**Illinois Agility Run** – This is a 180 foot agility sprint involving directional changes and a serpentine course. A walk through will be allowed and two attempts are allowed with the lowest time being scored. (see information below)

**One-Minute Sit-Ups** – Each participant will start lying on their back, knees bent, and heels flat on the floor. Fingertips must stay behind the ears. A partner will hold the participant's feet down as the participants performs as many correct sit-ups as possible in one minute. The participant must touch or extend past their knees with their elbows, then return the shoulders to ground before starting the next sit-up. The participant may rest momentarily in the 'up' position. The participant cannot raise their buttocks from the ground. The total number of correct sit-ups in one minute is scored.

**300 Meter Run** – Participants will run a 300 meter marked course as fast as possible. The use of a 400 meter track will be used.

**Push Ups** – Each participant starts in the front leaning rest position. Hands are slightly more than shoulder width apart; feet are 12 inches apart or less. Participants will lower self until the upper arms are parallel to the ground, then pushes up again. Participants must keep their back straight throughout the exercise. There is no time limit. The score is the correct number of push ups completed.

**1.5 Mile Run** – Participants will run 6 laps around a standard 400 meter track for time.

**The Physical Readiness Test will be administered in the following order:**

<u>TIME</u>	<u>EVENT</u>
5 minutes	1. Briefing
10 minutes	2. Warm Up
	3. Vertical Jump
	4. Bench Press
	5. Illinois Agility Run
5 minutes	
	<b>Briefing on Test</b>
	6. Sit Up
	<b>Briefing on Test</b>
	7. 300 meter run
10 minutes	<b>Rest and briefing on the test</b>
	8. Push up
30 minutes	<b>Rest and briefing on tests</b>
	9. Warm up
	10. 1.5 mile run
	11. Cool down
	12. Stretch and hydrate to recover

## Illinois Agility Run

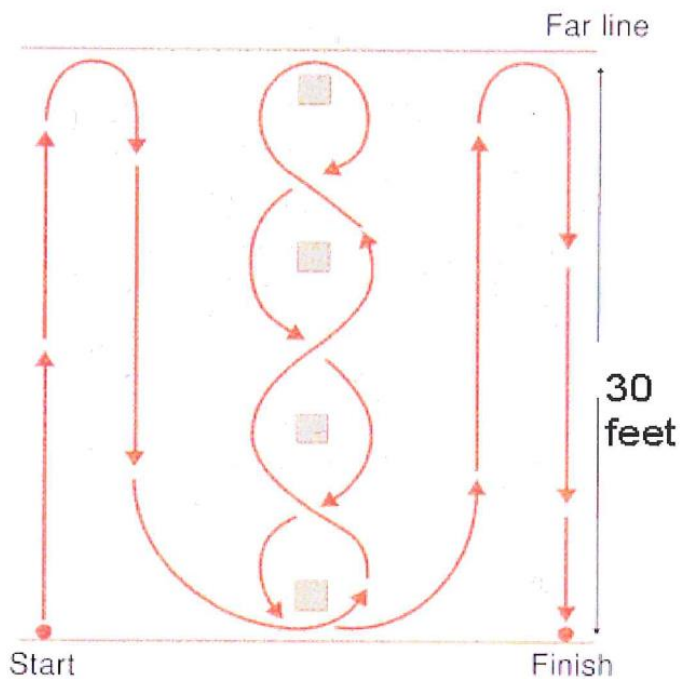


Figure 8

### Procedural tasks

- Participant lies on the ground with fingertips behind the start line. (Figure 9)
- At the "GO" start, participant gets up, sprints to the other line (30 feet away) places one foot over the line then sprints back to the start line.
- Participant makes left turn around the first cone then zig zags in a figure eight fashion around the four cones and back to the start line. (Figure 10)
- Participant then sprints up and back as described in (b).
- Record finish time in seconds and tenths.
- Allow one slow walk through and two (2) trials. Score is the best (lowest) time **OR** it may be a pass/fail.